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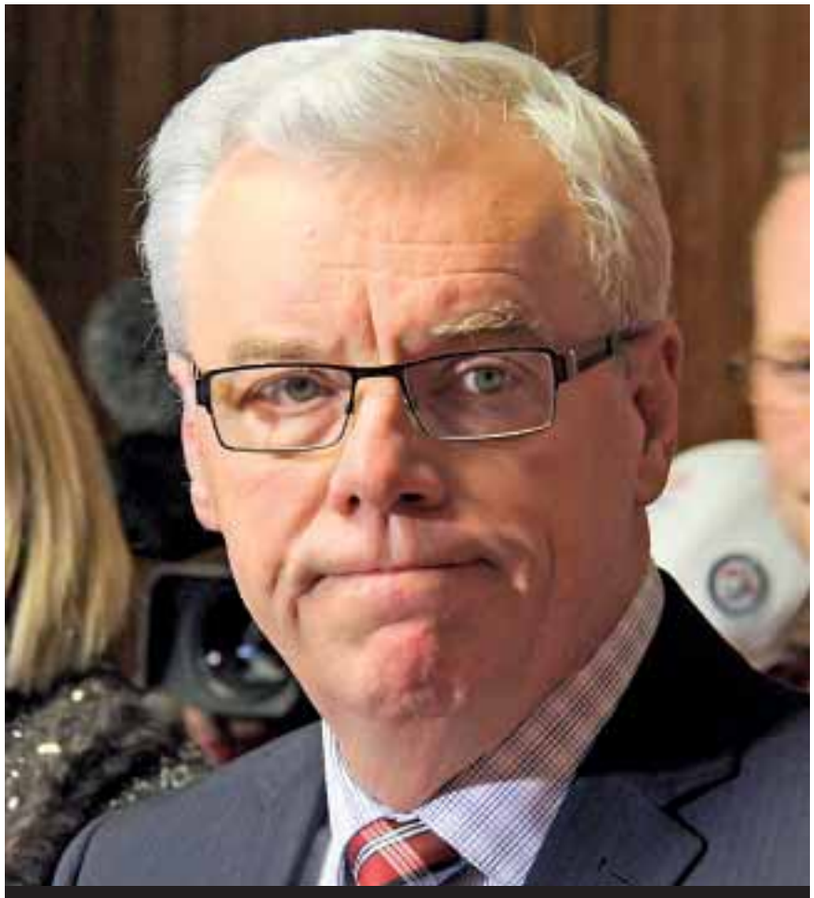
'OUR HEARTS ARE BROKEN'

CPL. NATHAN CIRILLO IS LAID TO REST IN HAMILTON, ONT., AFTER BEING GUNNED DOWN IN OTTAWA PAGES 6-7



Premier Greg Selinger talks to media on Thursday afternoon. SHANE GIBSON/METRO

Premier staying on despite calls to step down

'Growing evidence.' Greg Selinger emerges to say he will run for re-election in 2016, possibly remove rebels from his cabinet

Greg Selinger vowed Tuesday to stay on as Manitoba premier despite open challenges from some of his senior cabinet ministers and a clear indication that his caucus is divided.

After lying low for almost two days while senior NDP ministers said Selinger should consider stepping down, the premier emerged to say he is staying in his job, running for re-election in 2016 and, possibly, removing some of the rebels from his cabinet.

"I've had a conversation with those folks today and I've said that we have to focus our energy on the priorities of Manitobans," said Selinger, who was surrounded by 15 of his 35 caucus colleagues.

Selinger said "all options" are on the table, including a cabinet shuffle, but he would not be more specific.

The New Democrats have been sinking in opinion polls ever since they raised the provincial sales tax to eight per cent from seven in July 2013. The government also sidestepped a referendum that was required under law for any sales tax hike.

All NDP caucus members voted in the legislature to raise the tax, but as the anti-Selinger movement blew open this week, some tried to distance themselves.

Stan Struthers, the finance minister who raised the sales tax and who was later demoted to the municipal government portfolio, said the tax hike was Selinger's idea.

Justice Minister Andrew Swan said there is "growing evidence out there that there are concerns with the premier's leadership."

Family Services Minister Kerri Irvin-Ross, one of the cabinet ministers to stand with Selinger on Tuesday, said earlier this week she backs the premier "100 per cent" and added that raising the sales tax has paid off.

The revolt leaves Selinger dealing with a divided caucus heading into a short fall legislature sitting that is to start in mid-November. The premier said he intends to work with his caucus. THE CANADIAN PRESS

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Headingley

RCMP accuse prison guards of assaulting inmate

Three guards are accused of assaulting an inmate at a provincial jail outside Winnipeg.

RCMP say three Manitoba Corrections officers, including a supervisor, are charged with assault causing bodily harm.

Police say the 24-year-old man was allegedly assaulted last year at the Headingley Correctional Institution.

Guards Michael Haddad, Mark Svendsen and Michael Delorme, who are all from Winnipeg, are to appear in court Wednesday.

The victim, whose name has not been released, is also charged with aggravated assault.

THE CANADIAN PRESS

Road rage

Man involved in hit-and-run dies from injuries

A Winnipeg man has died from injuries sustained in a road-rage hit-and-run early Sunday morning.

Police said people in two vehicles, a black Infiniti G35 and a silver Dodge Charger, got into a dispute over driving skills. A passenger in the Infiniti got out of the car early Sunday to talk to the driver of the Charger, who accelerated into the man before speeding away.

The man was taken to hospital in critical condition. He died from his injuries on Tuesday morning.

The suspect vehicle has been located and seized by officers. The investigation is ongoing. METRO

Travis Sukkau. Mounties won't say if body found in park is that of missing man

Manitoba RCMP confirmed Tuesday a body has been found in Pembina Valley Provincial Park, but say it's too soon to say whether the body is that of a 19-year-old Winkler man missing since last week.

Travis Sukkau was last seen Oct. 23, and had been expected to spend the day at the park prior to disappearing. METRO

Travis Sukkau RCMP/HANDOUT

Feeling the speed for need

Trent Despins, 20, takes a quick corner at a tournament celebrating Speedworld Indoor Kart Track's 10th anniversary, which saw 50 of the track's fastest drivers compete and raise money for Siloam Mission. SHANE GIBSON/METRO

Lawyer says panel shouldn't look at nude photos of judge

Lori Douglas. Sheila Block says viewing the images would be 'an assault' on her client, who faces disciplinary action over the pictures

A lawyer for a senior Manitoba justice who faces removal from the bench because of nude photographs posted on the Internet says a disciplinary panel of judges should not view the intimate photos because it would violate the privacy of an innocent victim.

Sheila Block, who represents Associate Chief Justice Lori Douglas, told the panel reviewing her conduct that the racy photos should be returned to Douglas.

"Any viewing is an assault on that victim," Block said at the hearing in Winnipeg on Tuesday. "Would you want your wife, your daughter, your niece to be subjected to that? Of course not. It's inhumane. This is soul-destroying stuff for women."

Sheila Block walks into court on Monday. JOHN WOODS/THE CANADIAN PRESS

The photos were not released with Douglas's consent and are not vital to the tribunal's work, Block argued.

"Can a photo of a woman's intimate, lawful, consensual conduct ... disclosed without her consent ... lessen public confidence in the judiciary?" she asked. "The answer has to be no."

The photos were taken by Douglas's late husband, Jack King, who posted them on a website in 2003 and showed them to a client to try to entice him to have sex with his wife. Both King and Douglas were lawyers at the time. King admitted sharing the pictures without Douglas's knowledge.

Alexander Chapman, King's client, alleged he was sexually harassed by King's actions. He accepted $25,000 to drop the complaint and destroy the photos. But he held on to copies of the pictures and made them public in 2010.

A disciplinary panel struck by the Canadian Judicial Council is examining whether the photos are "inherently contrary to the image and concept of integrity" and undermine the justice system. The panel is also looking at whether Douglas failed to disclose their existence before she was appointed a judge in 2005 and whether she altered her personal diary when she discovered the council investigation into her conduct.

THE CANADIAN PRESS

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Third quarter. Winnipeg airport traffic continues to fly high, says WAA

Traffic at Winnipeg Richardson International Airport continues to soar.

The Winnipeg Airports Authority said Tuesday third-quarter traffic was up 7.4 per cent compared to the same time period in 2013.

Revenue also increased to $26.9 million compared to $24.4 million, and earnings were up at $13 million from $12.6 million.

"There were a number of important factors coming into play this past quarter, and prime among them was the addition of WestJet Encore into our market," said WAA president Barry Rempel.

"That, combined with increased capacity on Air Canada and Delta, provided opportunity for the strong year-over-year passenger growth in Winnipeg."

METRO

A WestJet plane at an airport METRO FILE

Rehab

Nairn overpass construction finished

After a summer of gridlock, commutes between Transcona and downtown Winnipeg are about to get a lot quicker.

The city announced Tuesday that the Nairn Avenue overpass rehabilitation project is complete and the route is fully open to traffic.

The overpass handles about 40,000 vehicles per day.

METRO

Ex-RRC president used college-owned marble in kitchen reno: Emails

Accountability at issue. Stephanie Forsyth says material was scrap, but this claim 'is not verified by a third party,' says document obtained by taxpayers' group

ELISHA DACEY
elisha.dacey@metronews.ca

Documents obtained by the Canadian Taxpayers Federation suggest that former Red River College president Stephanie Forsyth had "a sizable amount" of "surplus" marble from the school's Patterson GlobalFood Institute (PGI) installed in her own kitchen.

The emails, which the CTF obtained through a freedom-of-information request, say the school is unsure if the marble was actually scrap as Forsyth claims.

"Her indication that this was marked for disposal is not verified by a third party," reads one email, which is part of a larger chain of emails discussing how the school should handle public relations regarding the marble.

Photos of the marble can be seen in an MLS listing of Forsyth's home, which she no longer lives in.

Comparisons between the photographs to images of Forsyth's kitchen in a previous MLS listing show a significant amount of marble was installed, says the taxpayers' federation.

A photo taken from an MLS listing that shows Stephanie Forsyth's former kitchen, with a marble backsplash in the background. MLS

The college's current policy is to sell off valuable scrap material such as marble.

"If the former president had taken a few scraps of old plywood, no one would care," said CTF Prairie director Colin Craig in a news release.

"But we're talking about expensive marble and photos suggest it could be a sizable amount.

"The college should have sold off the material."

Interim president David Rew appeared to agree with Craig.

"I don't think it matters to the public what policy says," he replied within the email chain.

"The simple fact is that marble is in (Forsyth's) house and a certain quantity came from PGI.

"Even if it was marked for disposal it shows poor judgment at best, dishonesty at worst."

Craig said they're unsure how much of the marble in the photo was from PGI.

The college cut ties with Forsyth in late August.

New board chair Lloyd Schreyer said he will be "reviewing the matter in order to make recommendations regarding appropriate actions based on the findings of the investigation."

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Armstrong's War comes to Tom Hendry Warehouse

Heather Russell performs in Manitoba Theatre Centre's Armstrong's War, now playing at the Tom Hendry Warehouse. The story of a wounded solider and his friendship with a 12-year-old Girl Guide in a wheelchair runs until Nov. 15. BRUCE MONK/ ROYAL MANITOBA THEATRE CENTRE

A bloody good time at Evil Dead: The Musical

Designated 'Splatter Zone.' Horror show soaks eager audience members in blood

COLIN FAST
winnipeg@metronews.ca

The cast of Evil Dead: The Musical is made up of locals. CONTRIBUTED

"You can eat the blood; it's delicious," isn't the kind of pre-show hype theatregoers typically expect. But then, Evil Dead: The Musical isn't your typical show.

The stage adaptation of the cult classic horror film makes its Winnipeg debut at the Park Theatre on Wednesday.

Already a hit in more than 150 cities worldwide, the musical has drawn comparisons to the Rocky Horror Picture Show for its zaniness and audience participation.

"We started out by asking how we get the audience involved in the show, and how do we get them coated in blood in every scene," producer Quinn Greene said with a laugh.

The first several rows of the theatre are designated as the "Splatter Zone," with people sitting there given ponchos to protect them from the "blood" (which is actually strawberry-flavoured Nesquik).

Equally strange is the musical mix, which varies from heartfelt ballads to country, pop and doo-wop. There's even an elaborate tango performance.

The entirely local cast and crew came together because of their shared love of the horror genre, explained Greene.

"We're really passionate about this project, and want to give the audience a memorable, interactive experience," he said. "If it goes well, we'd love to bring it back annually. There's also musicals for The Night of the Living Dead and The Texas Chainsaw Massacre, so we have options."

Information

Evil Dead: The Musical runs through Nov. 9. Tickets are available at The Park Theatre or online at parktheatrevideo.com.

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Winnipeg's latest mural goes up — way up

Winnipeg's newest mural was unveiled on Tuesday at 577 Sargent Ave. Called Second Stories, it features people waving to passersby from their second-storey windows. The mural sits high above the property's parking lot. It was painted by local artist Charlie Johnston and commissioned by the West End BIZ.

HANDOUT/WEST END BIZ

Photovoltaic system

Manitoba Paddling Association gets province's largest solar panels

The Manitoba Paddling Association has set a record, but this one is not on the water.

After installing a 7.5 kW solar panel on the roof of its Winnipeg facility, and another 7 kW panel on its Selkirk facility, the paddling club can now say it has the largest roof-mounted, photovoltaic system in Manitoba.

"Through generous funding provided by the Manitoba Government, the Manitoba Paddling Association is proud to be taking this leadership role in sustainable development." said Jerome Seremak, head of the Manitoba Paddling Association in a release.

METRO

Human rights crusaders see their tales take shape, inspire others at museum

Travis Price is the co-founder of Pink Shirt Day. CMHR/HANDOUT

Pink Shirt Day.
Travis Price co-founded it to stand up for a male schoolmate

As a child growing up in Nova Scotia, Travis Price was inspired by the story of human rights icon Viola Desmond, the black Nova Scotian businesswoman who was charged with refusing to leave the whites-only section of a movie theatre in 1946.

"That was my hero growing up," said Price. "We were told if you want to do something amazing, look at Viola's story, look at what she was able to do when everyone tried to bring her down."

It was a lesson he recalled years later when he co-founded Pink Shirt Day, to stand up for a male schoolmate who was being harassed for wearing a pink polo shirt. The anti-bullying movement has since spread worldwide.

So Price was thrilled to learn he'd be sharing a special visit to the Canadian Museum for Human Rights this week with Desmond's sister, Wanda Robson. Price and Desmond both have their stories featured in galleries at the museum.

"It shows you how these things come full-circle and how one act can inspire another act can inspire another act," he said.

"So we really hope that with this museum we'll have kids come through here who are going to be the next Viola Desmond, or the next Travis Price, and who are going to stand up and say, 'Enough is enough.'"

Robson said her sister, who passed away in 1965, would have been thrilled to see her story included in a museum dedicated to human rights struggles.

"I think she'd say, 'I don't believe that I'd ever dream that such a magnificent place as this would be here,'" she said.

COLIN FAST FOR METRO

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Thousands line streets to say goodbye to Cpl. Cirillo

Funeral procession. Family, friends and complete strangers pay respects to soldier gunned down in Ottawa last week

Katherine Cirillo, mother of Cpl. Nathan Cirillo, is full of emotion as she walks along the procession route in Hamilton, Ont. A full military funeral was held Tuesday for Nathan Cirillo, the soldier who was shot to death in Ottawa last week. RICHARD LAUTENS/TORSTAR NEWS SERVICE

To his fellow soldiers, he was "loyal, tough, loving, true."

To his family, he was a fun, devoted son and brother, and both father and best friend to his son.

And to Canada, shaken by his frightening death on home soil, Cpl. Nathan Cirillo is the young soldier who has "joined the ranks of so many Canadians who have gone before him," said Prime Minister Stephen Harper, "having given all in the service of their country."

Thousands of mourners lined Hamilton's streets to say goodbye to the young reservist at the regimental funeral Tuesday, gathering as scores of Cirillo's military colleagues formed a procession alongside Cirillo's flag-draped casket, slowly marching toward Christ's Church Cathedral.

In an emotional service inside a church packed with family, fellow soldiers and dignitaries, Cirillo's family, grieving comrades and Harper paid tribute to the 24-year-old member of the Argyll and Sutherland Highlanders, killed while standing guard at the National War Memorial last Wednesday.

"Loyal, tough, loving, true. His family knew it, his regiment knew it, and now Canadians know it. Rest in peace, Cpl. Cirillo. Your Argyll family will not forget," said Lt.-Col. Lawrence Hatfield, commanding officer of the Argylls.

Cirillo's cousin, Jenny Holland, spoke on behalf of Cirillo's family, many of whom had marched behind the casket during the procession. Holland shared stories about his childhood, recalling memories such as the time Cirillo brought a wagon to an Easter egg hunt "so he could get the most treats in the quickest time."

Cirillo's five-year-old son Marcus was his joy and focus, Holland said, and the boy "adored him so much."

"Not only was he his father, he was his friend," she added, as Cirillo's mother Katherine wiped tears from her eyes.

Canadian reservist Cpl. Nathan Cirillo in an undated photo taken from his Facebook page. THE CANADIAN PRESS/HANDOUT

In a tribute to Cirillo, Harper directly addressed the young man's grieving family, including Marcus, Katherine, Cirillo's stepfather Victor Briffa, and sisters Nicole and Natasha, expressing the hope that "time ease the searing pain of today."

That Cirillo's death occurred at Canada's national place of solemn remembrance was a "bitter and truly heart-wrenching irony," Harper said.

"These monuments remind us that freedom is never free. It has been earned by the soldier and then donated to all of us."

Before Cirillo's casket was taken into the church, the pallbearers soberly accompanied it through the streets, marching slowly in a sign of respect for the soldier.

At the front was Ryan Weinberger, a close friend who said the corporal would have been overwhelmed by the outpouring of love.

"If Nathan were alive today, if he could sense any of this, I think that he would feel extremely touched and extremely thankful for the warm welcome we've got from so many Canadians," Weinberger said over the weekend.

Cirillo was killed by a single gunman, Michael Zehaf Bibeau, who fired on the ceremonial soldier then stormed onto Parliament Hill before he was fatally wounded.

The military funeral is intended to both honour the family of the officer who has died, and provide "reassurance to each other that we're hanging together," said Lt. Navy Gordon Laco early Tuesday, while preparing for the procession.

"The military is about violence when diplomacy fails. But it's also a close family and that closeness is what helps members of the military get through tough times" he said. "What's remarkable is, of course, this tough time is that it happened at home."

TORSTAR NEWS SERVICE

A soldier

"He never took the hard knocks or tough challenges personally. He just smiled and soldiered on, both in the regiment and in life."

Lt. Col. Lawrence Hatfield, commanding officer of the Argylls

A hero

"Our hearts are broken at his loss. But our spirits are grateful for his memory."

Prime Minister Stephen Harper

A father

"Nathan may have looked like a big, tough man, but he was such a kid at heart. It was beautiful to see the joy he had while playing with his son."

Jenny Holland, cousin of Cpl. Nathan Cirillo

A large crowd lines James Street in Hamilton, Ont., as the casket of Cpl. Nathan Cirillo passes by. Thousands lined the streets to pay their respects on Tuesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

On the street

A nation mourns

Thousands of people — some wearing Canadian flags and poppies, many who never met Cpl. Nathan Cirillo — came out to honour the young soldier.

Jan Gallo brought her granddaughter and the pair sat in Canadian flag chairs. "Not only are we here to honour Cpl. Cirillo, but also all of our armed services," she said.

Gillian Archer, 10, stood outside the First Ontario Centre to watch her father march by in the sombre funeral procession.

"My father is a soldier, so this is very important to me," said Gillian, who was there with her mother and two siblings.

Awaiting the procession Tuesday, Drew Tarvids, a Scarborough native and Hamilton resident, stood draped in a Canadian flag.

"I respect any man that has the guts to do what he did. Respect. That's what it's about," he said. "I was born and raised in this country, and I love it."

TORSTAR NEWS SERVICE

Marcus Cirillo outside the church, following the funeral service for his father, Cpl. Nathan Cirillo. PETER POWER/THE CANADIAN PRESS

Words for Nathan

"Nathan, these words are for you. Your death is such a tragedy, but yet it's not in vain. Because of you, every Argyll and every man and woman who is honoured to wear the uniform of the Canadian Forces stands prouder and taller this day."

Major the Reverend Canon Rob Fead of the Anglican Church of Canada, who conducted the funeral service and serves as Chaplain to the Argyll and Sutherland Highlanders

Cpl. Nathan Cirillo is carried into Christ's Church Cathedral. TARA WALTON/TORSTAR NEWS SERVICE

A woman cries as the coffin of Cpl. Nathan Cirillo is escorted through the streets toward his funeral service. PETER POWER/THE CANADIAN PRESS

Symbols of respect

The regimental funeral was imbued with meaning:

- **Mourning bands.** Officers wore a black band of fabric around the left bicep as a symbol of respect.
- **Gun carriage.** Traditionally a fallen soldier is placed on a cart built to carry guns as a sign of respect and honour.
- **The slow march.** A deliberate "slow march" is a ceremonial stride meant to show grief and respect.
- **Arms reversed.** This drill position is meant to signify a time of mourning, rather than the battle-ready upright position.

Bourque apologizes for RCMP killings

Moncton. At sentencing hearing, killer calls self 'arrogant pissant' and says he's sorry to families of slain Mounties

RCMP Chief Supt. Wayne Gallant, Chief Supt. Marlene Snowman and Insp. Costa Dimopoulos, left to right, leave Moncton Law Courts after the second day of Justin Bourque's sentencing hearing in Moncton, N.B. on Tuesday.
ANDREW VAUGHAN/THE CANADIAN PRESS

Justin Bourque apologized Tuesday to the families of the Mounties he shot in the north end of Moncton on June 4, saying in a quavering voice that the reasons he gave to police for killing three officers and wounding two others were the words of an "arrogant pissant."

Bourque, speaking at the conclusion of a two-day sentencing hearing at the Court of Queen's Bench in Moncton, acknowledged the pain the victims' families must have felt Monday after they watched his emotionless, rambling statement to police on June 6.

"It's the talk of some arrogant pissant, as if it was nothing to me,'' he said. "I want the families to know … it does mean something to me."

In the three-hour videotaped statement, Bourque appears relaxed as he leans back in a chair and explains that he wanted to encourage people to rise up against the "soldiers" that defend federal institutions and protect the rich from the poor.

The 24-year-old said his original plan was to set fire to several Moncton gas stations to harm the oil industry, but he ditched that idea because of problems with his bicycle.

On Tuesday, Bourque said he had changed his mind about what he had said and done.

"Everything I said was from hatred," he said, referring to the police statement. "If you had asked me about this two days (after the shootings), there was nothing to be proud of."

Before he was led out of the courtroom, Bourque offered an apology. "Saying sorry or any apology is almost useless, but I am sorry," he said. "There's nothing else to say."

An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate" when he used a Poly Technologies M305, .308-calibre semi-automatic rifle to kill constables Dave Ross, 32, Fabrice Gevaudan, 45, and Douglas Larche, 40. Constables Eric Dubois and Darlene Goguen were also wounded.

A 28-hour manhunt for Bourque left much of Moncton paralyzed until his arrest just after midnight on June 6.

Justin Bourque is depicted in an artist's sketch.
CAROL TAYLOR/THE CANADIAN PRESS

Bourque legally bought the gun on July 24, 2009, and had a valid firearms certificate for it, Crown attorney P.J. Veniot said Tuesday.

In August, Bourque pleaded guilty to three counts of first-degree murder and two counts of attempted murder.

At the very least, he faces a mandatory life sentence with no parole eligibility for 25 years for the first-degree murder charges.

Judge David Smith said he will sentence Bourque on Friday. THE CANADIAN PRESS

Harsh sentence

Extended parole ineligibility

Crown attorney Cameron Gunn said the judge should use a 2011 amendment to the Criminal Code that allows judges to extend parole ineligibility in cases of multiple murders. In Bourque's case, Smith could decide that the 25-year ineligibility period for each of the three murder convictions should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.

Defence lawyer David Lutz is asking for two consecutive parole ineligibility periods, which would amount to 50 years.

In either case, Bourque is facing the harshest sentence in Canada since the last executions in 1962.
THE CANADIAN PRESS

Appeal

Parole board to review whether Robert Latimer can travel freely

The Parole Board of Canada says it will review a condition that bans Robert Latimer from leaving the country without pre-approval.

A Federal Court judge ruled last month that there is nothing to indicate the 60-year-old is a danger and should be prevented from freely travelling outside Canada.

The judge ordered the parole board's appeal division to reconsider the case.

A spokesman for the board said the appeal division recently decided that there was sufficient information to warrant a review.

A single board member, who did not participate in Latimer's parole board hearing last year, is to conduct the review.

The Saskatchewan farmer received a life sentence for the second-degree murder of his severely disabled daughter in 1997 and was granted full parole in 2010. THE CANADIAN PRESS

Magnotta trial. Jurors hear details of arrest in Berlin Internet café

The dramatic search for Luka Rocco Magnotta ended at a Berlin Internet café in June 2012 with an abrupt admission from the accused that he was the person authorities were seeking.

Confronted by a German police officer in the café, Magnotta initially identified himself as Kirk Trammell, an American from New York who didn't have any identification on him, his murder trial heard Tuesday.

But a patrol officer, Marc Lilge, continued to question the man, who was stuttering, shaking and sweating, as several police cadets shadowing Lilge looked on. The admission came after a few minutes.

"'You got me, I'm Mr. Magnotta, I'm the man you're looking for,'" Lilge quoted Magnotta as saying.

Magnotta, 32, is charged with first-degree murder in the slaying and dismemberment of Jun Lin in May 2012 in Montreal before he fled to Paris and then Berlin.

He has admitted to killing the Chinese engineering student, but has pleaded not guilty by way of mental disorder.

On Tuesday, several German witnesses provided a snapshot of June 4, 2012 — the day Magnotta was arrested.

The Internet café employee who flagged down Lilge said he saw Magnotta looking at news stories about himself — and recognized him right away because of his distinctive cheekbones. The employee had seen Magnotta's photograph in a German newspaper.

The police officer also testified that the accused had a smirk on his face as he was transported to a detention centre.

"I have the opinion that, somehow, he felt relieved because he had this grin on his face," he said, adding Magnotta did everything they asked.

Lilge was among the final crop of Crown witnesses heard by the jury via testimony videotaped last June and July in France and Germany.

Following the testimony, Quebec Superior Court Justice Guy Cournoyer suspended the proceedings until Friday, when defence lawyer Luc Leclair is expected to begin presenting his case. THE CANADIAN PRESS

CBC investigating 'claim of impropriety' toward employee

The CBC says it has learned of a "specific claim of impropriety" toward one of its employees that will be included in a "continuing investigation" at the public broadcasting corporation.

In an internal memo to staff, Roula Zaarour, CBC's vice-president of people and culture, said the company learned of the claim late Monday evening through a story in the Toronto Star.

"We have always encouraged our employees to come forward with any concerns about their working environment," Zaarour said. "We are here to support you. That has been and will remain the case."

On Sunday, the Star published detailed allegations against former CBC Radio host Jian Ghomeshi. Three women quoted in the story claim that Ghomeshi physically attacked them without their consent during sexual encounters. A fourth woman, who worked at CBC, claimed Ghomeshi told her at work: "I want to hate f--- you."

Jian Ghomeshi CBC/THE CANADIAN PRESS

In a Facebook post Sunday, Ghomeshi denied engaging in non-consensual sexual acts and claimed he is the subject of "harassment, vengeance and demonization." Ghomeshi is suing the CBC for $55 million.

None of these allegations has been tested in court.

Zaarour's memo to employees doesn't name Ghomeshi, nor specify which matter is being referred to, but states that the CBC will consider "any new information" that comes up.

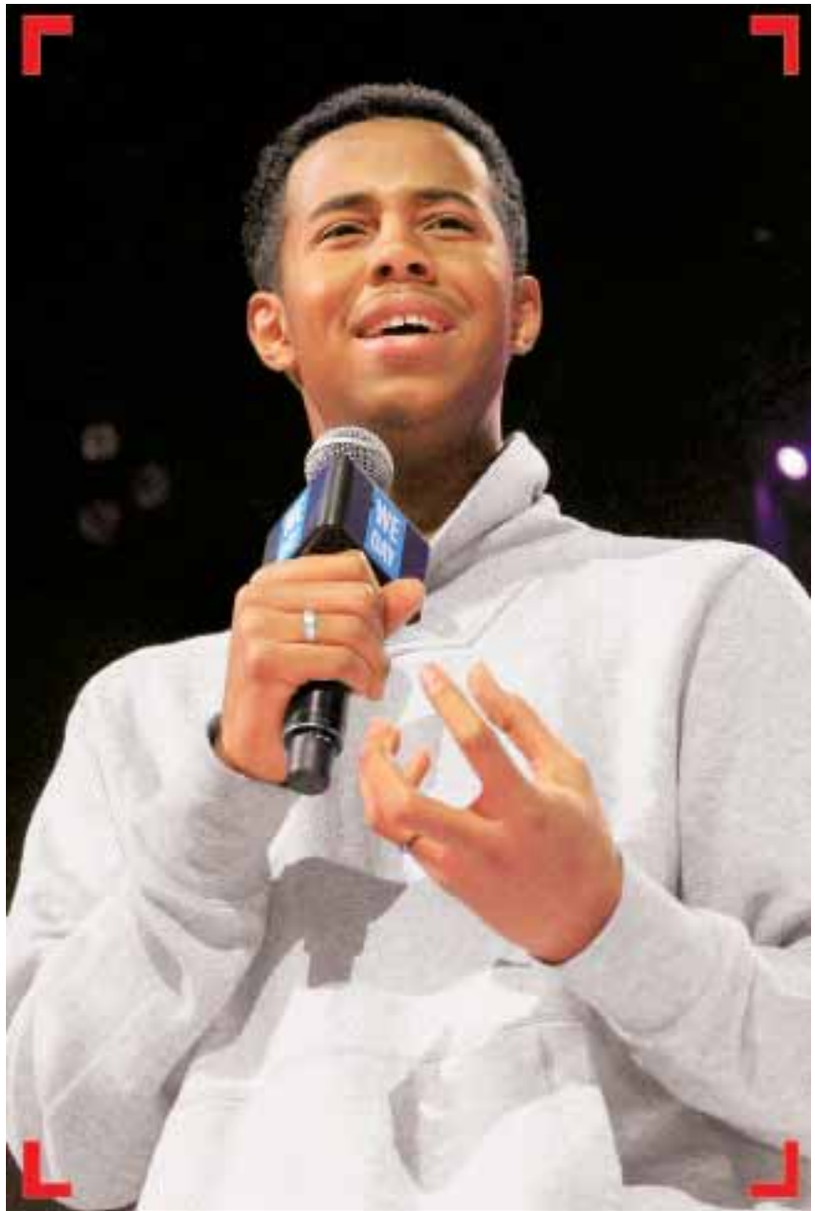
"You will be reading and hearing a lot of different things, both in mainstream media and social media, over the coming days, weeks and months," the memo reads.

"You should be aware that we will generally be unable to respond or react to these, or even to correct factual inaccuracies, due to pending legal action."
TORSTAR NEWS SERVICE

Rising spoken-word star connects selflessness and social media

A poet of the people. Mustafa The Poet to bring his unique brand of empowerment to Winnipeg's We Day

VAWN HIMMELSBACH
life@metronews.ca



Mustafa Ahmed will be opening We Day across Canada with a spoken-word performance. Scan this photo with your Metro News app for Lost Souls, the first official video from Mustafa The Poet's debut EP. JAMES FANUCCHI

Every We Day event features renowned speakers, cultural icons and musicians. JAMES FANUCCHI

I meet Mustafa The Poet at the University of Toronto Book Store, where he looks like any other student, with a New York Yankees baseball cap, black varsity jacket and black jeans. But despite his unassuming appearance, he has a commanding presence.

Mustafa Ahmed doesn't like the bitterness of coffee, so he orders a tea from the Second Cup in the lobby of the bookstore — with four packets of sugar. For the energy, he says. Turns out he needs it: He just finished writing an exam and in a few hours has to rush off to the airport to catch a flight to St. John's, Nfld., where he'll give a presentation on the art of communication.

He seems to take it in stride, though, with eloquence unusual for an 18-year-old — though it probably shouldn't come as a surprise, considering he's made a name for himself as a poet and spoken-word artist. He's also a first-year student at U of T (on scholarship, chosen out of 8,000 candidates), studying communications and political science.

This year, Mustafa will be opening We Day across Canada with a spoken-word performance on one of this year's themes: empowerment. (We Day is an annual event taking place today in Winnipeg that brings together speakers and performers with youth to kick off a year of action; tickets must be "earned," rather than purchased, through taking on one local and one global action.)

While this isn't the first time Mustafa has performed at We Day events, he's an ideal role model for the topic of empowerment.

He grew up in Toronto's Regent Park and has used poetry to spread his message and inspire others. "When you're young and living in an inner-city community, a lot of people put a lot of walls around themselves, and I was one of those kids who didn't really know how to express myself," he says.

When Mustafa was 10, his older sister Namarig started to communicate with him through poetry. Now, eight years later, he's a celebrated poet, and has performed at venues such as Toronto's Roy Thompson Hall and TedX.

Social media, however, has helped him to expand his audience — since that's where youth hang out these days.

"It's great to see people are still open to this type of art form," says Mustafa, since we seem to have shorter attention spans now with 140-character tweets and six-second Vines.

The problem with that, he says, is that no one makes a connection to the material, "and connections are important, especially with poetry that's so emotional."

Through his poetry, Mustafa tries to shed light on topics "people are forgetting about," as well as spreading hope and inspiration.

"You can be at any place in your life, but your heart is still beating, so there's always room for that inspiration to come through," he says.

One of We Day's themes this year is technological empowerment. "We want to make sure we're the ideal case study of how social media can be used for social good," says Michael Rajzman, associate director of digital media with Free the Children.

That means posting positive content and maintaining a safe online environment.

"We want to make sure we're engaging users, allowing them to feel empowered by the stories that they're telling, or we're giving them tips that allow them to empower others to do similar things," he says.

We Day has one of the largest social media followings of a non-profit organization, with 5 million combined followers across platforms.

"The world is so often filled with negative news," says Rajzman. "People are really hungry for those positive stories — people really want to be inspired."

VISIT METRONEWS.CA LATER TODAY FOR MORE COVERAGE OF WE DAY IN WINNIPEG!

An app for altruism

We365 is a mobile app and digital community that helps young people make positive change 365 days of the year. They can select the causes they're most passionate about; take action by accepting challenges (such as cleaning a local park); or invite friends and family to take action by creating their own challenges. They can also start groups and rally around causes together. To download We365, visit the Apple store, Google Play store or we365.com.

How do I help?

Michael Rajzman, associate director of digital media with Free the Children, offers five tips on how to use social media for empowerment:

1. It may seem obvious, but think about what you're posting before you post it — who might be able to see it and how it might be viewed later, says Rajzman.
2. Review the security settings of any social networks you're on — and do this on a regular basis, because they change. Most default security settings leave your profile fully open.
3. In terms of pushing out content, think about what matters to you and try to find a focus. That will make it honest and you're more likely to keep it up, says Rajzman.
4. Tumblr, Pinterest or Facebook? Social media can be time-consuming, so choose which platforms you want to be engaged with (different platforms have different audiences).
5. Divvy up your content. Keep personal content on your personal Facebook page, for example, and share content with a larger community on a separate Facebook fan page.

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Schoolgirls play at a government school in Hyderabad, India, on Tuesday. Indian women still face some of the world's worst inequality, according to the latest annual Gender Gap Index. MAHESH KUMAR A./THE ASSOCIATED PRESS

India slides in gender-gap index

Falls to 114th. Annual report finds despite a fast-developing economy, women in India still face inequality

Indian women still face some of the world's worst inequality in access to health care, education and work, despite years of rapid economic growth, according to a survey of 142 nations released Tuesday.

The annual Gender Gap Index by the Geneva-based World Economic Forum showed India falling to 114th place, after being ranked 101st out of the 136 countries surveyed last year. That puts India below other fast-developing nations including South Africa, ranked 18th, China at 87 and Brazil at 71.

"Achieving gender equality is obviously necessary for economic reasons," Klaus Schwab, WEF founder and executive chairman, said. "Only those economies who have full access to all their talent will remain competitive and will prosper."

Overall, the report said gender equality is improving worldwide, with 105 countries becoming more equal since the forum launched the index in 2006 and health and education access being the most egalitarian across the globe.

THE ASSOCIATED PRESS

Canada

19

Canada ranked 19th out of 142 nations, one place above the United States.

Magic of Macy's. American department store chain set to open store in Abu Dhabi

The Middle East is getting the world's first Macy's department store outside the United States, and just for good measure, its second Bloomingdale's too.

Property developer Gulf Related and Dubai-based retail conglomerate Al Tayer Group said on Tuesday that they plan to open both stores in a new shopping centre being built in the United Arab Emirates capital, Abu Dhabi.

The mall, known as Al Maryah Central, is expected to cost about $1 billion US to build and should open in spring 2018.

It will be located next to an existing shopping mall known as The Galleria on al-Maryah island, a rapidly developing area near Abu Dhabi's central business district.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.52¢ (+0.54¢)

Natural gas: $3.66 US (+$0.09)
Dow Jones: 17,005.75 (+187.81)

TSX 14,624.25 (+155.25)

OIL $81.42 US (+$0.42)

GOLD $1,229.40 US (+$0.10)

Lowe's

Customer service being outsourced ... to robots

The robots are coming. Lowe's is testing whether new bots on wheels can improve its customer service.

Four robots are being tested at a hardware store owned by Lowe's Companies Inc. in San Jose, Calif.

THE ASSOCIATED PRESS

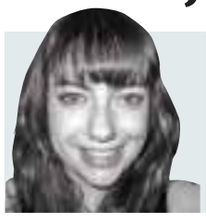
While it lost hockey...

CBC wins Olympic broadcast rights

CBC has secured the broadcast rights to the 2018 and 2020 Olympics.

CBC will partner with Bell Media and Rogers Media to carry the 2018 Winter Games in Pyeongchang, South Korea, and 2020 Summer Olympics in Tokyo. THE CANADIAN PRESS

I'M NOT A SPORTS FAN, BUT I PLAY ONE ON BAD HAIR DAYS



GUEST COLUMN

Kate Carraway
metronews.ca

I'm the kind of self-regarding loser who likes monograms and necklace charms in the shape of my initials. It follows that I have and love a Kansas City — KC! That's me! — baseball cap, in royal blue.

I don't have that cap — or my (genuinely!) vintage Blue Jays cap, or my few other items of baseball, basketball and hockey-related apparel — because I like sports. I don't. I almost don't watch sports at all, and I don't understand them, at all.

My favourite but possibly worst joke is when I ask someone what they're doing, and when they say, "watching the game," I respond, "I've seen 'the game'!" I do know how dumb and unfunny it is, yes, but it's really funny to me, because to a non-sports-fan, every game could be every other game. Every dunk could be every other dunk, or home run, or goal, or whatever. However, I've been wearing my Kansas City cap a lot, lately, because I haven't had a haircut in 1,000 years. And because my bad hair has coincided with Kansas City improbably sliding into a World Series, I'm being asked a lot about "my" team. Like when a preteen asked me who my favourite player was (no idea). Or when a baseball fan who'd missed a game asked me in a coffee lineup if I knew what the score was the night before (um).

I never lie, even though telling strangers that my hat indicates my own name-related narcissism more than it does any kind of fandom is straight-up embarrassing, but being accidentally — and temporarily, I assume, as at some point the World Series ends — included in the sphere of sports has been, if not exactly fun in the usual way, communally exciting, like an election or a blackout or an elementary school's annual carnival night. I'm not in these situations, where strangers are aligned by some external event or happenstance, very often.

I like it, because it's based on so little. I mean, I don't know anything about baseball, but I'm in, and the kind of positive inclusivity that doesn't care about anything other than intention-via-ball-cap has otherwise disappeared from my life.

Most of my day — too much — is spent in front of a computer, working alone or engaged in the self-selecting communities of friends, colleagues, and my social-media followers and followees.

My bright-blue Kansas City cap, though, is like an instant all-access pass to the kind of community that, I've found out, actually exists everywhere all the time (coffee lineups, classrooms, sidewalks), in real life, dependent on no details of lifestyle or demographic, just opt-in fandom. I still don't care about sports — at all — but I do like being a fan.

Making the team

The kind of positive inclusivity that doesn't care about anything other than intention-via-ball-cap has otherwise disappeared from my life.

Paul Sullivan returns with Just Sayin' Nov. 12

Metro Bitstrips caption contest

Today's winner: Andy Slater

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MetroTube

Fun police score big

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

It's a safe assumption that you're going to find Kevin Judd's fantastic lip-synching, 12,000-light Halloween house just as alluring as we do. Alas, the bad news is that house is far away in Riverside, Calif. Actually, there's worse news. The house isn't even in Riverside any more. Police shut down the display after too many people enjoyed it too much, tying up that precious traffic flow. #RIPSingingHalloweenHouse. You're a spooky ghost now. (California Through My Lens/YouTube)

Comments

RE: Stephen Kimber's column In the wake of the Parliament Hill Shooting, We Must Remain Calm and Canadian, published online Oct. 27. 2014

While perhaps some of you may consider (Michael Zehaf Bibeau's and Martin Couture-Rouleau's) acts 'terrorist,' I know I and my friends & most of my family, consider them criminal acts. Their actions haven't terrorized us, nor will we let the actions of a few criminals change how we feel about the vast majority of the people in our country, no matter what religious observances they choose to follow. **More, posted to metronews.ca**

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 23 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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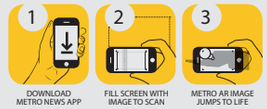

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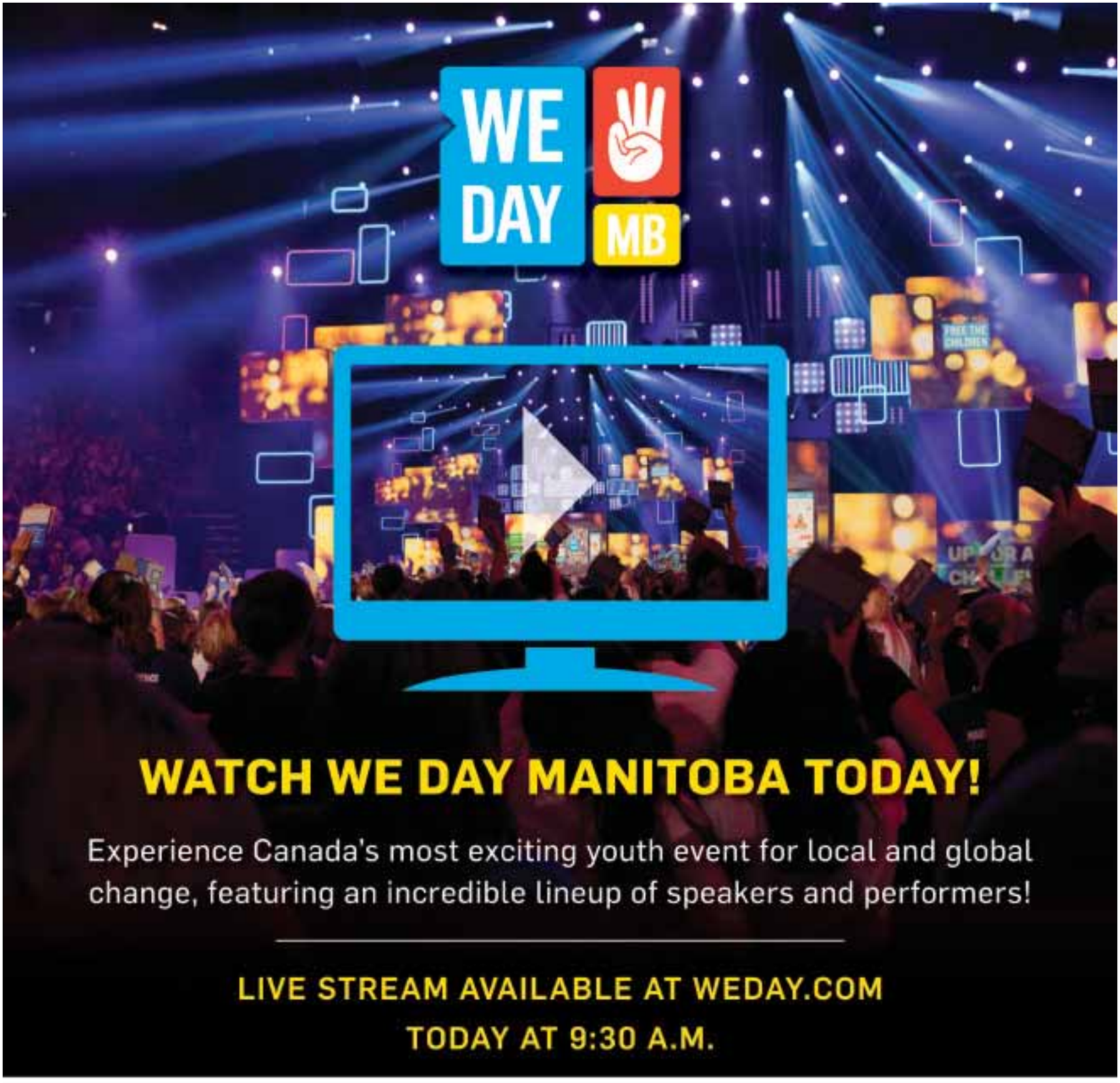

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Music

Lil Wayne GETTY IMAGES FILE

Lil Wayne career-closing album delayed again

The fifth installment of Lil Wayne's Carter series — which the hip-hop giant has said would be the album that caps his career — has been delayed again.

Tha Carter V, which was initially due out in May, was nowhere to be found on Tuesday, which was the updated release date.

The president of his Young Money label was quoted by hip-hop blogger Karen Civil as saying that no new release date has been set.

The New Orleans rapper — whose given name is Dwayne Michael Carter, Jr. — has released four Carter albums that have been among his most acclaimed works. He was the most-nominated artist at the 2009 Grammys for his Tha Carter III. The 32-year-old has repeatedly said that Tha Carter V will be his last album as he wants to spend more time with his four children. AFP

Music

Marilyn Manson single available as free download

The controversial American rock group Marilyn Manson is back with Third Day of a Seven Day Binge.

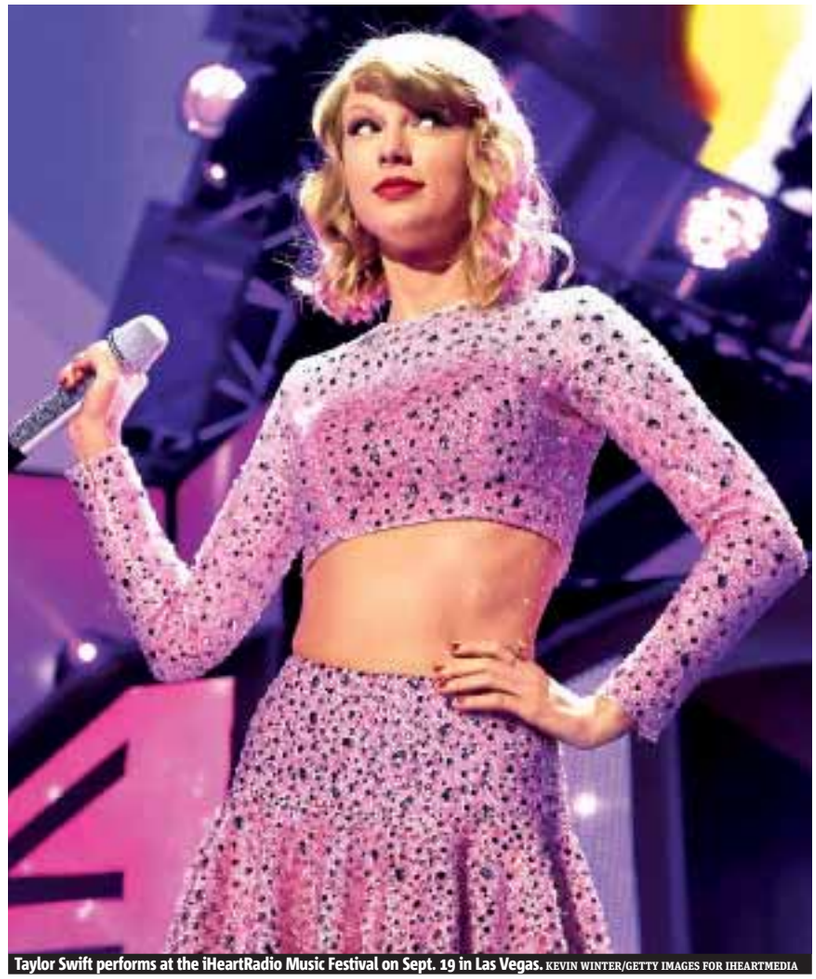
Available for download at marilynmanson.com, the new single is also on YouTube, accompanied by a minimalist video.

The single sets the stage for the next Marilyn Manson album, which is expected to debut in 2015. The band's last album, Born Villain, was released in 2012, so the new track announces a long-awaited comeback.

Brian Hugh Warner, the singer whose stage name is Marilyn Manson, recently appeared on the small screen in the latest season of Sons of Anarchy. AFP

Goodbye dating, hello pop

Music. Taylor Swift grows up and turns on a new sound



Taylor Swift performs at the iHeartRadio Music Festival on Sept. 19 in Las Vegas. KEVIN WINTER/GETTY IMAGES FOR IHEARTMEDIA

When Taylor Swift released the Grammy-winning, banjo-tinged Mean in 2010, haters fired shots at the then-20-year-old.

Four years later, Swift says she's grown and was able to write her new single Shake It Off about others dissing her from a new perspective.

"We are all getting our hearts broken, being built up, being let down, feeling disappointed, feeling joy, feeling all these emotions, but what I've noticed is that even when it's the same kind of emotion that I'm feeling, I process it and feel it differently now than I used to," she said in an interview last week. "And I think that's a factor of growing up, but I'm pretty proud of the way it's gone."

All signs point to growth as Swift releases her fifth album, 1989. She's left behind her country roots to go full-blown pop, she's moved to New York City, and she hasn't really thought about dating in nearly two years.

"I think it's a beautiful thing to be in love. If you're in a good relationship, that's wonderful, but you are factoring someone else's feelings, schedule, opinion and priorities into your own feelings, schedule, thoughts, opinions, priorities. And in the last year and a half, that just hasn't been something that I've been interested in," she said.

Swift, 24, began dabbling in pop when she released Red in 2012, which featured the pop smashes We Are Never Getting Back Together and I Knew You Were Trouble. Max Martin, who co-produced those songs with Shellbeck, is the executive producer behind 1989 and has created a slew of pop anthems, from Britney Spears' ... Baby One More Time to Kelly Clarkson's Since U Been Gone.

"I found myself wanting so badly to explore this new territory, but I felt absolutely terrified to go too far in that direction because I thought people would be angry," Swift said about going pop.

"I think that the country community wasn't surprised that I made a pop album; I think they were surprised when I was honest about it."

It's a bold move for Swift, who moved to Nashville as a teen to pursue her singing career. Her first single was called Tim McGraw.

"We've had a great relationship with 2,000 country radio stations ... and so talking it through, she still welcomes their support," said Scott Borchetta, the president and CEO of Swift's longtime label home, Big Machine Records. "If the moment ever strikes her again and she decides, 'You know what, the music I'm making now is country,' I think she'll be welcomed back with open arms."

Swift says she's not sure she will record country music again — not because she doesn't want to, but because it's too early to tell.

"If I wanted to make Red 2.0 I could have done it, but I ... wanted the focus to be on the sound of the record rather than everyone dissecting each lyric to see who these songs are about," she said.

1989 is pure pop fun, featuring hook-heavy jams — from anthemic moments like Shake It Off and Bad Blood to calmer grooves like Clean, featuring Imogen Heap. It's also a sound that resonates with Swift's fans, if a recent secret session at her apartment in New York City was any indication.

Swift invited 89 fans to her pad in Tribeca to preview 1989. The feverish group of girls and boys (and moms) immediately jumped to the floor to sit on pillows as Swift sat in front of them. One girl couldn't stop shaking.

"I'm a little worried about the shaking," Swift said to the blonde teen, and then gave her a high-five to calm her nerves.

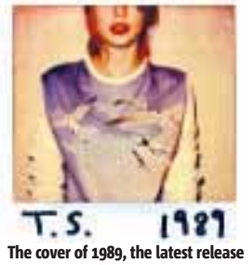
Swift, who credits living in New York City as part of her growth, said she's completely comfortable in her skin.

"At this point in my life at 24, I have a very solid grasp on my identity — I know exactly who I am, but I know exactly what (the media) say I am," she said. "I feel very comfortable joining in on the social commentary and joining in on the joke because I know exactly what it is — a joke." THE ASSOCIATED PRESS

Bold move

"I think that the country community wasn't surprised that I made a pop album; I think they were surprised when I was honest about it."

Taylor Swift



The cover of 1989, the latest release by Taylor Swift. BIG MACHINE RECORDS

SCENE

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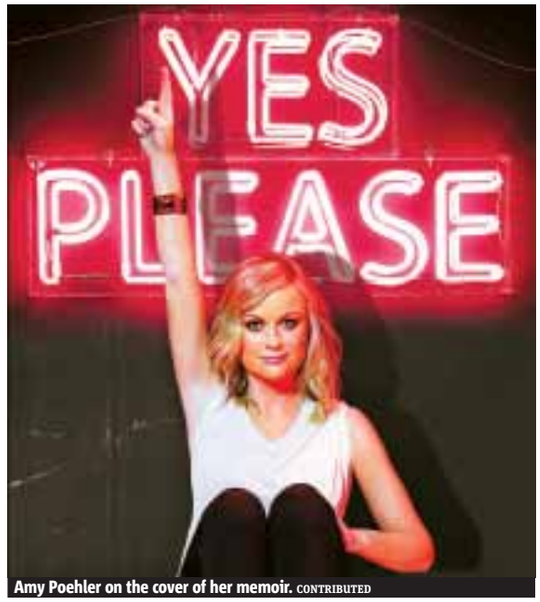
Poehler memoir is part ask Amy, part racy fun

Books. Amy Poehler talks about her divorce, drugs and more

EMILY LAURENCE
Metro in New York City



Amy Poehler on the cover of her memoir. CONTRIBUTED

Actress Amy Poehler's memoir Yes Please comes out this week and early buzz is promising it will be just as successful as Tina Fey's Bossypants and Mindy Kaling's Is Everyone Hanging Out Without Me? Poehler's glossy-paged hardback details everything from her early days of comedy to her Saturday Night Live career, but it also has the juicy stuff, like sex advice and details on her divorce. Here, we share some of the major talking points.

Divorce: Maybe it's because celebrities get divorced all the time, but we tend to think it isn't as bad for them as it is for us civilians. Poehler writes lovingly about her ex-husband Will Arnett and honestly about their divorce: It sucked. "When you are a person going through a divorce you feel incredibly alone, yet you are constantly reminded by society of how frequently divorce happens and how common it has become," she writes.

"You aren't allowed to feel special, but no one understands the specific ways you are in pain." Some life experiences don't need a punchline.

Drugs: Poehler doesn't hide the fact that she's said "yes, please" to many drugs. She chronicles how her father was a happy pot dealer and how she experimented with cocaine, mushrooms and ecstasy. "Cocaine is terrific if you want to hang out with people you don't know and play ping-pong all night. It's bad for almost everything else," she reveals.

Getting older: Apparently, entering your 40s is pretty awesome: "Gone are the days (hopefully) when you take everything personally and internalize everyone's behaviour. You get better at knowing what you want and need," Poehler writes.

Losing big awards: Poehler has won a Golden Globe and MTV Movie Award, but she's been a loser, too. What's it like when the camera pans to you not winning? Poehler gets honest about how even when you don't want to get caught up in the award show hum, you can't help it and actors that say they don't care are lying. "You spend weeks thinking about how it doesn't matter and it's all just an honour and then seconds before the name of the winner is announced everything inside you screams ... 'GIMME THAT PUDDING!!' Then comes the adrenaline dump, followed by shame." It's so much easier not being famous.

Career counselling: It's only natural to want Poehler's advice on turning your creativity into a career. But Yes Please is no Lean In. Poehler talks about how important it is to not put your career first: "Your career won't take care of you ... It will openly flirt with other people while you're around," she writes. She compares a career to a bad boyfriend. Poehler says the key to being happy with your career is caring about your work, not the result. "You have to care about how good you are and how good you feel, but not how good people think you are or how good people think you look," she writes.

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first $2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of $7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lawrence GETTY IMAGES

Double-rebound is over for JLaw and Chris Martin

So, Jennifer Lawrence and Chris Martin? Not so much dating anymore, at least not according to E! News. I mean, you know what they say about rebound relationships, right? And technically this one was a double-rebound, what with Martin recently being consciously uncoupled from Gwyneth Paltrow and the corporate offices of Goop Enterprises, plus Lawrence splitting (again) from adorable X-Men co-star Nicholas Hoult. Now then, to the details: "Jen is the one who broke it off with Chris," a source with a knack for stating the obvious tells People magazine.

The Word

Women are from Venus and Gene Simmons is from prehistory

NED EHRBAR
Metro in Hollywood

I thought it had been a while since we'd had an installment of Gene Simmons: Quote Machine, but fear not! The Kiss frontman is back with a real doozy. He recently popped up on Fox News' Trending with Andrea Tantaros, and this time he's speaking directly to the ladies in the audience. "Life is not a straight line and I'm here to say women think differently than men. Men must work for a living. Women have the option of becoming the housewife, which is respectable and wonderful, but what happens when the man runs away?" Simmons opines. "Don't depend on them. Why should you? They don't depend on you for anything. The less you depend on a man for emotional and financial support, the better off you'll be." So let's all stop depending on each other and start making that money, right? Sun's out, tongues out, y'all.

Katy Perry GETTY IMAGES

Swifty always knew Katy was trouble and just can't shake it off

That feud between Katy Perry and Taylor Swift is reportedly so serious that it might cost a prominent tour director some work. Baz Halpin has handled the direction and production design for a number of tours for both Perry and Swift, but now that Perry has been tapped for the next Super Bowl Halftime Show and asked Halpin to join her, Swift is fuming, according to Radar Online. "She got word of Baz agreeing to do the show for Katy, and Taylor has flat out said she will not hire him ever again for any performance or tour if he goes ahead with his decision," a source says. "Katy got word of Taylor's 'ultimatum' and found it quite amusing."

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

How-to

Plan a last-minute trip

1. A travel agent can really come through with ideas and/or deals. Ask around if you don't have one.
2. Any friends living overseas you'd like to visit? Relatives? That work colleague who moved to Tokyo might love to see you — and would be a great tour guide.
3. Think off-season and off-the-beaten track; both will be less expensive and perhaps a bit more of an adventure. There are far worse places to be than Venice in November.
4. Research the weather to avoid rainy seasons, overpowering heat or other acts of God.
5. Avoid rationalizing overspending. Set and stick to a budget.

DOUG WALLACE/METRO

Trend

The end of 'all work and no play'

Adding a few personal days to your work trip is becoming the norm for Canadian business travellers. Corporate travel heavyweight Vision Travel is calling this trend the Bleisure market, citing a recent Google Travel study that found that more than half of U.S. business people extend work trips to relax, soak up the culture of the destination or bond with colleagues at a hockey game. The boss doesn't mind because his extra costs are minimal and he gets a happier employee. Win-win. TEXT: DOUG WALLACE, PHOTO: VISION TRAVEL

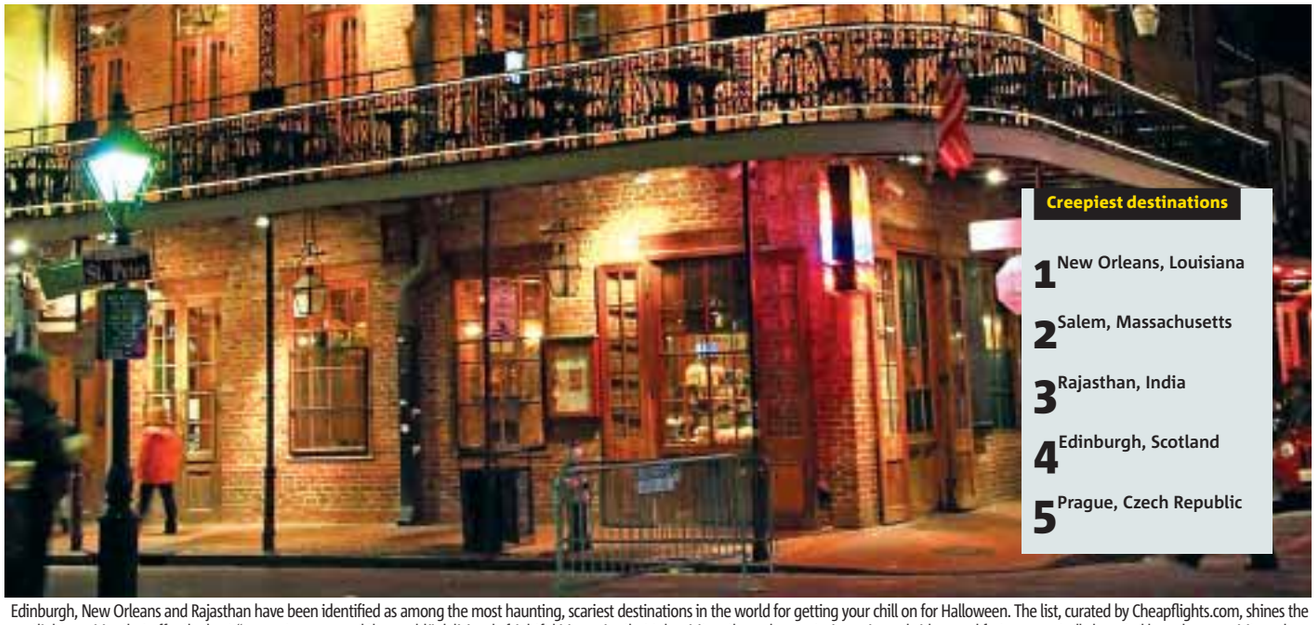
New

Why cycle when you can e-bike?

Butterfield & Robinson has announced a new five-night electric-bike tour through Switzerland from Lausanne to Interlaken for next summer. The daily routes are anywhere from 40 to 50 kilometres, but the Scott E-Venture bikes make this all quite doable, not to mention easy on the quadriceps. The tour includes all hotels (four-star) and meals (including wine), a guide and support van, maps and accessories, events and tours, plus all baggage transportation. From $7,000. Visit Butterfield.com.

TEXT: DOUG WALLACE, PHOTO: SWISS TOURISM

Get your freak on. Cities to spook you this Halloween



Edinburgh, New Orleans and Rajasthan have been identified as among the most haunting, scariest destinations in the world for getting your chill on for Halloween. The list, curated by Cheapflights.com, shines the spotlight on cities that offer the best "creepy tours around the world," deliciously frightful itineraries that take visitors through cemeteries, prisons, bridges and forts, purportedly haunted by unhappy spirits and shadowy figures of the dead. New Orleans is one of the best places to get your spook on. A New Orleans Ghost Tour presents a striking contrast to the lively music and colour associated with the city, by showing visitors its darker, more sinister side, namely via Madame LaLaurie, a 17th-century socialite known for the brutal torture tactics she used on slaves. The tour also sheds light on the city's vampire past. AFP

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The sky's the limit in Scottsdale

Arizona. Powerchutes let you channel your inner bird and fly

Want to enjoy the feeling of flying? Visit arizonapowerchutes.com.
PHOTOS: THE ASSOCIATED PRESS

Arizona Powerchute participants can combine powerchuting with a hotel stay and Celestial Picnic from Four Seasons Resort Scottsdale at Troon North.

The enormous fan-like propeller behind the passenger whirs, then begins to howl as the pilot hits the accelerator.

The wheels bump along the gravelly desert and a small jolt tugs on the safety belts as the chute billows into the sky.

A few seconds later, the strange-looking machine lifts off the ground, floating away like a dandelion spore catching the wind. The takeoff of a powerchute is quick, exhilarating, unlike anything you've ever experienced. The actual flight, even better.

"It's the closest thing to being a bird that you can imagine," said Randy Long of Arizona Powerchutes.

OK, we know what you're thinking now: What's a powerchute?

Picture a dune buggy with a massive parachute attached to the back of it, sort of a cross between something the Wright Brothers might have designed and that flying machine from the Mad Max movies.

The front end looks a little like a three-wheeled stroller, the seats set atop an angled frame behind a fat rubber wheel. The two back wheels splay out for support under the engine and a massive propeller that looks a little like an oversize house fan behind the passenger. Brackets rise up and out to the sides to support the lines that attach to the chute, which is essentially a 40-foot version of what skydivers use. Turning is controlled by foot levers that pull on the tension cords attached to the chute.

Yes, it's a little odd-looking.

And, yes, it provides a flying experience unlike any other.

"I had been on a balloon tour before and it reminds me of that in some ways with the setup and you're out there at sunrise," said Laura McMurchie of Scottsdale. "But once you're in the air, it's a little more liberating than being in the balloon with 10 other people. It's just you and the pilot and they do everything from skimming, where you're low to the ground and skimming the terrain basically, and then they go up quite high in that contraption."

Arizona Powerchutes, which also offers hot balloon rides, has a 30-minute introductory flight for $289 per person, and has training packages available.

THE ASSOCIATED PRESS

Bucket list

The Whitsunday Islands, Australia

You owe it to yourself to experience the heart of the Great Barrier Reef, and by far the best place to do that is the Whitsundays. This group of 74 islands three-quarters of the way up the east coast of Australia in Queensland is one of the most popular yachting spots in the southern hemisphere — and one of the most romantic. Drink it all in at a luxury villa on the hub of Hamilton Island, at a quiet resort on one of the eight islands that accommodate them, or while camping and kayaking your way through the Ngaro Sea Trail Great Walk. Air-, water- and land-based tours are plentiful. Visit TourismWhitsundays.com.au.

DOUG WALLACE/METRO

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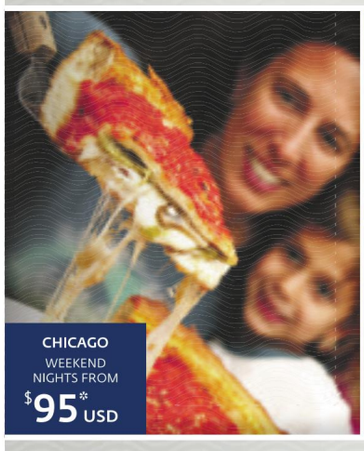

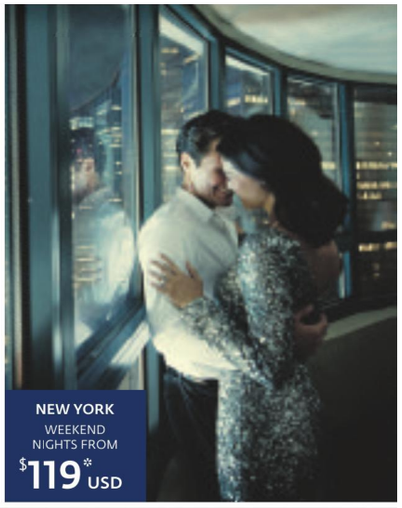

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My group hasn't got the goods quite yet

Whatever challenges you face with your work, make sure that other members of your team can rely on you. ISTOCK

Career. Take your team from chaotic cluster to competent co-worker combination

LAUREN MARINIGH
TalentEgg.ca

Listen up

Being open to the opinions of others is a key component of teamwork — and it's also one of the hardest skills to develop.

- It's easy to focus on discussion and planning without putting together the right information. A vital part of that process is giving everyone the chance to participate, and ensuring their input is heard.
- Problem-solving to build a solution can only happen when each team member is engaged in active listening.

Everyone has been there, whether it's at school or at work: stuck on a team that doesn't work well together.

Being on a team isn't always the easiest task, especially if you enjoy working independently and relying on your own skills.

However, teamwork is a must-have career asset — there are few jobs that allow you to work completely outside of a team focus.

How can you get over your differences, power through tasks and come out on top as a team? Here's how to make sure you're ready to succeed the next time teamwork comes your way.

Be reliable

Whether you're a leader or a follower, your contributions to a team depend on your reliability.

This is a top asset in your independent work as well, but it matters even more when other people are depending on you.

No one on your team will enjoy working with you if you demonstrate that you are not reliable. If you let people down, you'll negatively impact morale, which can make it harder for others to get work done.

Communicate

Communication is key to success in a team environment. In order for a team to function it is crucial for team members to contribute their ideas, thoughts, and opinions while maintaining respect for others and for the work of the team.

Whether it's due to personal dynamics or a preference for solitary work, avoiding communication can end in disaster for all members of the team.

Remember that it is important to keep your communications positive and professional. When you have something to say that may not get a favourable reception, try to offer constructive criticism and bring a solution to the table.

Use your strengths

Everyone has their own set of unique strengths which bolster a team's overall abilities.

Instead of designating work based on what's convenient (or whoever is closest), the best teams look at each individual's skills and determine how they can best contribute — as well as looking for opportunities to facilitate collaboration and improve performance.

Find out what each team member wants to do and what they excel at. Then figure out how you can divide and conquer the challenge before you.

Teamwork isn't always the ideal working environment for everyone, as many people prefer to work on their own, or won't be happy unless they can control every detail. However, the combined power of any team is a force to be reckoned with — and the best teams often do the best work.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

The stress you suppress while aiming to impress

Career advice. Gaining confidence at your workplace takes work

LAKSHMI GANDHI
Metro in New York City

Remember that if you're upfront about your workload limits, colleagues may react with respect rather than disappointment. ISTOCK

It's a problem most women frequently encounter at work — you're overwhelmed with projects, but unable to put your foot down and say "No" to even more work. "The disease to please is the number one issue that women have," says Shelley Zallis, the CEO & founder of The Ipsos Girls' Lounge, a networking space for women. "We never want to say what we want, and we sacrifice being honest." Zallis says that she created the Girls' Lounge to help women break out of the restricting belief women have to always be accommodating. She offers these tips for women looking to change the way they approach work.

Breaking the apology habit takes practice

"If we keep apologizing, we become just like everyone else," says Zallis. Part of the reason women tend to over-apologize, she says, is because of the inflexible nature of most workplaces. "We need to go from a culture of rigidity to a culture of caring," she notes. "If we conform to a norm that never worked, shame on us."

Build up your confidence

"Know that you matter," Zallis advises. "We're not bossy, we are confident and confidence is knowledge." Women in particular, she says, should take the time to learn from one another. "Use your powers to share," says Zallis. "By having a support network, you're energizing yourself."

Don't hold yourself back

A big part of building confidence, says Zallis, is learning how to be true to yourself. "What makes you special?" she asks. "Embrace it." It's also important to not let the little details stop you from moving forward. "It's your life," she says. "We have to redefine perfection as being the best thing."

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Post-Halloween Snack.
Creamy Kiss Dip & Apples

This recipe makes 12 bars. EMILY RICHARDS

This is a twist on everyone's favourite caramel apples. But you just dunk wedges into the dip and enjoy.

You can also refrigerate the dip until it's cold and use it as a cake filling or icing for cupcakes.

1. Place caramels and kisses in saucepan with cream and melt over low heat. Stirring occasionally, melt mixture until smooth.

2. In a large bowl, beat cream cheese until smooth. Slowly add kiss and caramel mixture into cream cheese while beating until smooth. Beat in vanilla. Serve with apple or pear wedges, strawberries or cookies.

EMILY RICHARDS

Ingredients

- 12 caramels, unwrapped
- 10 Halloween kisses, unwrapped
- 1/4 cup (60 ml) 5% light cream
- 1/2 cup (125 ml) light cream cheese, softened
- 1/2 tsp (2 ml) vanilla
- 4 apples, cored and cut into wedges

Take a dip on the dark side

Graveyard Goop. This dish is ideal for little goblins or big zombies who will Monster Mash at your get-together

FLASH FOOD
From your fridge to your table in about 30 minutes or less

DINNER EXPRESS
Emily Richards
food@metronews.ca

Have fun this Halloween and create a dip that is ghoulishly delicious.

Black beans are made into a creamy dip with a hint of cumin and garlic to keep away any truly scary monsters.

Buttering the flour tortillas will give your tortilla dipping tombstones an extra special taste.

Enjoy this with the kids before they go out for their treats and it will certainly put them in the mood to have a ghoulish time.

1. In a food processor, purée the black beans until fairly smooth. Add cream cheese, onions and cream, and purée until smooth. Pulse in cheese, garlic and cumin until combined. Spread into 9 or 10 inch (23 or 25 cm) pie plate and sprinkle olives in centre. Sprinkle lettuce around edges. Cover and refrigerate for at least 30 minutes.

2. Meanwhile, cut out ghostly shapes like tombstones, cats and pumpkins out of flour tortillas. Brush with butter and place on baking sheet. Bake in 400 F (200 C) oven for about 8 minutes or until just golden. Let cool completely.

3. Place some of the toasted tortillas into the dip to create a graveyard scene and serve remaining tortillas alongside.

Ingredients

- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1/2 cup (125 ml) cream cheese, softened
- 1/4 cup (50 ml) finely diced onions
- 1/4 cup (50 ml) 5% cream
- 3/4 cup (175 ml) shredded cheddar cheese
- 1 large clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 can (200 ml) ripe sliced olives, drained and rinsed
- 1/2 cup (125 ml) shredded romaine lettuce or baby spinach
- 4 small whole grain tortillas
- 1 tbsp (15 ml) butter, melted

This recipe makes 2 1/2 cups (625 ml). EMILY RICHARDS

Ooey gooey before oogie boogie

This recipe serves six. NEWS CANADA

Before your little ones head out for Halloween on Friday, ensure they are full with these Easy, Breezy and Cheesy Quesadillas.

1. Heat oil in a large skillet over medium-high heat. Add onion and peppers, stirring for 4 to 8 minutes until vegetables are tender and lightly browned. Remove vegetables from pan and set aside.

2. Lightly coat one side of a tortilla with canola oil and place oil side down in a skillet over medium heat. Add 2/3 cup of the Taco Nacho cheese evenly on the tortilla, followed by 1/3 of the vegetable mixture. Next, layer 2/3 cup of Mozzarellissima cheese evenly over top of the vegetables. Place a second tortilla on top and brush lightly with oil.

3. Cook quesadilla for 4 to 6 minutes, flipping once, until cheese is melted and tortillas are lightly browned. Repeat with remaining ingredients.

4. Cut each quesadilla into eight pieces, and serve warm with sour cream and salsa.

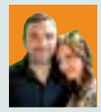
NEWS CANADA/ FB.COM/SAPUTO.CA

Ingredients

- 1 onion, diced
- 1 red pepper, seeded and diced
- 1 green pepper, seeded and diced
- 6 tortillas, medium-sized
- 1 tbsp (15 ml) canola oil
- 4 cups (1,000 ml) Saputo Mozzarellissima or Taco Nacho shredded cheese
- Sour cream and salsa, optional

Food around the world

Spain (vegan rating: 8/10)


MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: In Barcelona, we hit the supermarkets of our Gracia neighbourhood. Veg created a feast. A red grapefruit half and papaya slices occupied one side of the plate while an avocado half and hummus-topped baguette slices sat on the other. Complementing that was a salad containing pine nuts, vegetables, chickpeas and vegan chorizo.

Meat: I made my version of the Spanish omelette. A pan-fried and grilled potato omelette was spiced up with pieces of oily chili chorizo. On the side were avocado, baguette slices and a portion of Veg's surprisingly tasty salad. It was weird to pair vegan and real chorizo but it didn't taint the meal in anyway. We agreed it was nice to be in tasty, healthy Europe.

Pharmacists on the front line

SHUTTERSTOCK

When it comes to your first-line of defense for medical concerns, keep these four words in mind: Your Health. Your Pharmacist.

"Pharmacists are extremely accessible and they can help you navigate your way through your medical concerns," explained Bobby Currie, a pharmacists and member of the board of the Manitoba Society of Pharmacists. Whether it's how to deal with a few aches or sniffles, or to ensure that your natural solutions work well with your pharmaceutical drugs, pharmacists are an ideal front-line resource, she added.

"Pharmacists' training is about learning how medications impact the body," she said, adding that this can extend to interactions and contraindications with natural products. "People use the term 'natural' but natural doesn't always mean safe. These products still have an effect on the body and can interact with other medications you may be taking."

And this is the first year that flu shots will be offered by pharmacists in-house. Not all facilities will be offering them this year, so it's best to contact your pharmacists to find out. As well, people that have specific medical conditions, such as compromised immune systems or are under seven years of age, should see a doctor first.

Pharmacists play an important role in the community — not just dispensing and advising about medications, but also up front in helping to assess needs and, if need be, recommend patients visit the doctor. "We're here to work together for your health," Currie said. To learn more about what pharmacists can do for you, visit the MSP's new website: msp.mb.ca.

Take the steps to banish winter's indoor allergies

There are ways to limit exposure to allergens

NEWS CANADA

Although we associate allergies with outdoor grasses and pollen, indoor allergens can also trigger a whole host of allergic reactions in people.

Drippy nose with watery secretions, itchy eyes and sneezing are some of the typical symptoms caused by an allergic reaction to indoor allergens.

Dust, plant mold, pet dander and dust mites are some of the common allergy triggers that can be found in the home.

Unfortunately, cranking up the heat can also circulate dust, pollen, and other allergens around your home, which all have the potential to inflame your sinuses.

"Although it may be impossible to completely avoid indoor allergy triggers, people can reduce their symptoms by limiting their exposure to them," says Meriem Bouanane, a medical advisor. "Vacuuming carpets weekly, keeping pets outside of the bedroom, and using a nasal spray to eliminate allergens stuck in nasal cavities are effective ways to help manage indoor allergy symptoms."

For example, a brand called hydraSense Allergy is a popular seller. Labelling shows it to be a 100 per cent natural-source seawater nasal spray which helps to relieve allergy symptoms such as nasal congestion and related sinus pressure, facilitating breathing.

It cleanses nasal cavities by eliminating mucus-trapped allergens to help you breathe better.

–News Canada

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The Royals' Eric Hosmer slides safely into second base ahead of Giants second baseman Joe Panik's tag, to cap a two-run double during a seven-run second inning, in Game 6 of the World Series on Tuesday in Kansas City. DOUG PENSINGER/GETTY IMAGES

Royals rout Giants to force Game 7

World Series. Wednesday's winner will be crowned MLB champion

Game 6

Royals	Giants
10	0

Lorenzo Cain looped a two-run single and Eric Hosmer chopped a two-run double over shortstop in a seven-run second inning, as the Kansas City Royals battered the San Francisco Giants 10-0 Tuesday night to force a decisive Game 7 in the World Series.

Pitching with the initials of late St. Louis outfielder Oscar Taveras on his cap, 23-year-old rookie Yordano Ventura allowed three hits over seven innings for his first World Series win.

Jeremy Guthrie starts Wednesday night for Kansas City and Tim Hudson for San Francisco in a rematch of Game 3, won by Kansas City 3-2. The 39-year-old Hudson will become the oldest Game 7 starter in World Series history.

Lurking is Madison Bumgarner, ready to pitch in relief after stifling the Royals on a total of one run in winning Games 1 and 5.

Home teams have won the last nine Game 7s in the World Series, and the Giants are 0-4 when the World Series is pushed to a decisive game. Most recently, Barry Bonds and San Francisco lost Game 7 to the Angels in 2002.

In a Fall Classic full of one-sided games, the Royals chased Jake Peavy in the second. When Omar Infante doubled in the third, every Kansas City batter already had a hit.

Ventura made the one big pitch he needed to keep it a rout. After walking the bases loaded with one out in the third, he got Buster Posey to ground into a first-pitch double play. The young fireballer gave up two hits through the sixth.

THE ASSOCIATED PRESS

Mr. Hockey

Howe resting at home after suffering a stroke

The Detroit News says hockey legend Gordie Howe suffered a "serious stroke" on Sunday.

Dr. Murray Howe, the son of the 86-year-old Hall of Famer, told the Detroit newspaper that his father has lost some function on one side of his body and has difficulty speaking.

The report says "Mr. Hockey" is resting at his daughter's home in Lubbock.

Howe played 25 seasons with the Detroit Red Wings, won four Stanley Cups, six Hart Trophies as the NHL's most valuable player and six Art Ross Trophies as the league's leading scorer.

He also played in the World Hockey Association and was a member of the Hartford Whalers when they merged with the NHL in 1979. THE CANADIAN PRESS

Toronto 4, Buffalo 0

Leafs beat Sabres in one-sided affair

The Toronto Maple Leafs tied a franchise record for the fewest shots allowed in a game, and their offence eventually came to life in a 4-0 rout of the Buffalo Sabres on Tuesday night at Air Canada Centre.

The Sabres finished with just 10 shots, and Jonathan Bernier stopped all of them for his eighth career NHL shutout.

Tyler Bozak, Phil Kessel and James van Riemsdyk scored three goals within a span of seven minutes, and Jake Gardiner added another. THE CANADIAN PRESS

The Jets' Bryan Little grounds Matt Martin of the Islanders on Tuesday night in Uniondale, N.Y. BRUCE BENNETT/GETTY IMAGES

Ladd scores game-winning goal as Jets sink Islanders

Andrew Ladd scored his second goal of the night 3:31 into the third period, and the Winnipeg Jets rallied to beat the New York Islanders 4-3 in a back-and-forth encounter on Tuesday night.

Ladd put a rebound of Bryan Little's shot into the open right side to put the Jets back in front.

After trailing early, the Jets scored three times in the second period — two during a long power play after Nikolay Kulemin was ejected for boarding Mark Stuart — but couldn't hold a two-goal lead.

On Tuesday

Jets	Islanders
4	3

John Tavares and Mikhail Grabovski got the Islanders even at 3 in the second, and Brock Nelson staked New York to a 1-0 lead in the first. Jaroslav Halak stopped 26 shots.

Defencemen Paul Postma and Jacob Trouba also scored, and Little had three assists for the Jets, who began a four-game trip. Ondrej Pavelec made 18 saves.

THE ASSOCIATED PRESS

NBA

M.J. says being a player was easier than ownership

Michael Jordan is learning how to win without scoring a basket.

His Charlotte Hornets are winning and enter the season with high expectations. Jordan appears to be changing the losing culture around his franchise.

The six-time NBA champion talked Tuesday about how gratifying winning a seventh would be.

Jordan said helping the Hornets win their first NBA title as an owner is something that drives him in his post-playing career. He said it would be more rewarding because it's tougher being an owner than a player.

"I can impact the game in shorts and tennis shoes," Jordan said. "When I had those on it was easy to prove people wrong. It's hard to do that now when I have a suit on. I have to rely upon other people understanding my message and my focus."

Charlotte is coming off a 43-39 season and Jordan hopes that with Lance Stephenson joining Al Jefferson and Kemba Walker, the building blocks are place for his small-market team to make a run at the title. THE ASSOCIATED PRESS

Michael Jordan on Tuesday in Charlotte, N.C. THE ASSOCIATED PRESS

Raps at centre of Canadian hoops surge

'All you need is a ball'. It might be hard to envision hockey losing No. 1 status in Canada, but there are signs basketball could contend

The familiar sounds of balls swishing through nets and high tops squeaking on the court filter out of HoopDome on a busy October night. The basketball facility at Downsview Park in Toronto is bustling with players all working on their game.

And it's a game that's booming in Canada.

"Within 10 years, the Raptors are going to be the most popular team," outgoing MLSE CEO Tim Leiweke told a group of students at Ryerson University last month. "They will be more popular than the Leafs in Toronto. Promise you."

On the surface, it seemed it could be dismissed as hype — Canada lives and breathes hockey, after all — but if you dig deeper, there is logic behind the Maple Leaf Sports and Entertainment president's prediction.

As the Raptors begin their 20th season Wednesday night at the Air Canada Centre, four months after their playoff run captured the city's imagination, it's clear Canada's only NBA team is at the centre of a perfect storm.

At all levels, from amateur leagues to the NBA, the sport's popularity is growing in Canada, thanks to factors like a new wave of top-shelf Canadian talent.

Toronto-born 2013 and 2014 NBA No. 1 draft picks, Anthony Bennett and Andrew Wiggins, have ushered in a new era. Canada has a record 12 players on NBA rosters this season, the most of any country outside the U.S.

"A lot of (the popularity) is driven by the fact that this is the first generation of kids who've grown up with a team in the country," says Dan MacKenzie, vice-president and general manager of NBA Canada.

Basketball is a "youthful sport," he says, adding 57 per cent of NBA fans are under the age of 35.

Canada's changing demographics is also helping fuel an influx of basketball fans.

MacKenzie said around 250,000 people immigrate to Canada every year from China and the Philippines, two countries where basketball is the No. 1 sport.

Sure, basketball in Canada is growing, but could it really eclipse the popularity of the good ol' hockey game?

At the amateur player level, hockey registration is sluggish. Around 235,900 players were registered in the 2012-2013 Ontario Hockey Federation season, only a slight increase from the just over 233,400 registered in 2008-2009.

Hockey ranked sixth on the 2014 Canadian Youth Sports Report's list of sports perceived as most likely to result in injuries, while basketball didn't even crack the top 10. In the same report, popular team sports such as basketball, volleyball and soccer cost 25 to 50 per cent less than the average. Hockey came in as the second most expensive of all 44 sports studied, with an annual average cost of $1,666.

Mike Jonathan, a Raptors fan who shoots hoops in a men's league at HoopDome three to five nights a week, describes a different scene in his sport.

"All you need is a ball," he says.

TORSTAR NEWS SERVICE

Northern uprising

12

Canada has a record 12 players on NBA rosters this season, the most of any country outside the U.S.

Raptors power forward Amir Johnson plays with Jaiden Bolianatz-Lerch during a basketball academy at Toronto's Humber College in July. Dan MacKenzie, vice-president and general manager of NBA Canada Basketball, says 57 per cent of NBA fans are under the age of 35. RICHARD LAUTENS/TORSTAR NEWS SERVICE

metro AR

The Raptors open their season on Wednesday night when the Atlanta Hawks visit Air Canada Centre. Scan the image with your Metro News app for more news from around the NBA. CLAUS ANDERSEN/GETTY IMAGES

Liverpool given boost by Balotelli's late strike

Mario Balotelli sparked a dramatic rally by Liverpool, and Chelsea needed a late own goal to edge past plucky fourth-tier opposition as the two Premier League giants squeezed into the League Cup quarter-finals.

Late goals settled four of the five last-16 matches on Tuesday — and two were scored at Anfield as Liverpool came from behind to beat Swansea 2-1.

Balotelli, criticized in recent weeks for a string of below-par displays, inspired the comeback by coming off the bench to score an 86th-minute equalizer before Dejan Lovren headed in the winner in the fifth minute of stoppage time.

Mario Balotelli scored in 86th-minute equalizer in Liverpool's 2-1 win over Swansea on Tuesday. GETTY IMAGES

"Finally!" Balotelli said on Twitter after scoring his first goal in six weeks and only his second for Liverpool since joining from AC Milan in August.

A patched-up Chelsea lineup looked like being taken to extra time by Shrewsbury, a team 71 places below it in English football's pyramid, only for Jermaine Grandison to head into his own net after 81 minutes to seal a 2-1 win for the Premier League leaders.

THE ASSOCIATED PRESS

NFL

Bailey hanging up his cleats

Champ Bailey is retiring after a 15-year NFL career that included a dozen Pro Bowl selections, more than any cornerback in history.

Bailey's agent, Jack Reale, said from Atlanta that Bailey was still drawing interest from teams wanting him to play this season but he decided to pursue other opportunities.

Bailey, 36, spent his first five years with Washington and his last 10 in Denver where he was long seen as the game's top cornerback.

THE ASSOCIATED PRESS

Skiing. Delays affecting Guay's downhill season

Erik Guay will miss at least the first two World Cup downhill races of the season following a pair of off-season knee surgeries.

That means Canada's most-decorated downhiller won't race in the season-opening downhill or super-G on Nov. 29-30 in Lake Louise, Alta., nor the following week in Beaver Creek, Colo.

"Lake Louise is definitely a scratch this year," Guay said Tuesday from Toronto.

"Right now, our optimistic calculations should put me back on snow around the seventh of December. If everything goes well from there, I'd like to start racing the last weekend of December."

THE CANADIAN PRESS

Always about the Olympics

"Even if I start a little late, even if I miss the season entirely, I think I have to keep my eyes on the prize, which is four years down the road."

Erik Guay

2014 Mercedes-Benz B 250

- **Type.** Five-door, front-wheel-drive hatchback/tall wagon
- **Engine**. 2.0-litre inline turbocharged four-cylinder (208 hp)
- **Transmission.** Seven-speed automatic
- **Price.** $32,575 base, $37,095 as tested

Market position

Entry-level model for Mercedes-Benz Canada, never available in the U.S., although the U.S. will soon get an EV version (no word on EV for Canada). Shares front-drive platform with CLA sedan. Sports Tourer is M-B's way of describing a vehicle that is much like a big hatchback, or a tall wagon with a rear liftgate.

Points

- 2-litre turbo produces 248 lb.-ft. of torque.
- Automatic is a 7-speed dual clutch, which can be shifted with steering wheel paddles.
- One of the few non-hybrid models with an automatic stop/start function, which is disabled in Sport mode.
- Only one trim line and no all-wheel-drive option.
- Built in Germany.
- Typical Mercedes interior.

The tall wagon offers ample cargo space and rear leg room.

Safety features

Eleven air bags, rain-sensing wipers, safety systems including collision-prevention assist, attention assist, and adaptive brake with hold function, ABS with brake assist, stability and traction control, tire-pressure loss warning, run-flat tires, weight-sensing airbag system, LED daytime headlights and Bi-Xenon headlamps.

Small tourer packs some punch

PHOTOS: MIKE GOETZ

Review. The Mercedes-Benz B 250 Sports Tourer straddles the hatchback/wagon style to good effect

MIKE GOETZ
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Mercedes-Benz has always treaded carefully in lower-priced vehicle classes. The profit numbers probably start to get wonky when you're determined to develop a premium model in a segment where consumers aren't prepared to pay premium prices. And there's always that luxury brand image to protect.

So we get vehicles like the Mercedes-Benz B 250 Sport Tourer, the company's current entry-level model, which is not heavily marketed and is a bit slippery to categorize.

The small, luxury people mover with a liftgate is actually shorter than a Honda Civic or Toyota Corolla, but seems larger in person, probably due to its prominent front grille and its big interior box, which offers an impressive 1,547 litres of cargo space when the rear seats are folded forward. That's almost as much as the VW Tiguan, and the VW crossover is about 25 cm longer.

There's lots of legroom in the rear seats, too, thanks to a huge cavity under the front seats that swallows your feet.

But the driver's seat is where you want to be, with a very tall-in-the-saddle feel and lots of German-engineered trim pieces and materials.

However, I'm not a fan of the console-mounted controller you must use to access almost everything on the non-touch information screen. The screen is no beauty, either, perched on top of the dash like an afterthought.

On the move, the B 250 is all Mercedes-Benz. I don't remember anything this short having such a big, comfortable ride. It virtually glides over bumps and potholes.

The driver's seat is where you want to be, with a very tall-in-the-saddle feel. But the location and controller for the information screen are disappointing.

There are also 11 airbags and a few active safety technologies, such as collision-prevention assist (predicts collisions and prepares the braking system), attention-assist (senses drowsy-driver behaviour and advises you to take a rest when necessary), and adaptive brake hold (keeps the vehicle from rolling backwards when stopped).

The B 250 has a 2.0-litre turbocharged inline four, with 208 horses and 248 lb.-ft. of torque, hooked to a seven-speed dual clutch automatic transmission. To get those torque numbers, a big turbo is on-board, but big turbos come with more turbo lag, which is quite noticeable.

The B 250 also has a selectable Eco mode, which, among other fuel-saving initiatives, enacts an automatic stop/start feature for the engine, like we see on gas-electric hybrids.

Turbo lag, combined with stop/start, does not make for a good launch feel. But since both features contribute to fuel savings, getting used to the quirky launch could be worth your while.

So there are a few quibbles with the B 250, but its major attributes — Mercedes-Benz swag and safety, beautiful ride, space efficiency, and premium at-the-wheel feel — easily had me in its corner by the end of our week together.

Compare

1 BMW X1
Base price: $39,085
Sporty, at some expense to ride comfort. All-wheel-drive and 300-hp turbo six options.

2 Audi Q3
Base price:$37,895
Based on VW Tiguan. All-wheel drive available, but no diesel. Beautiful interior.

3 Lexus CT 200h
Base price: $32,995
High on fuel efficiency, low on refinement and luxury.

Electric cars are quick off mark, but not for long

The Smart Electric uses a 55-kW motor that makes 75 hp, and out-accelerates some sports cars. CONTRIBUTED

Driving Force. Today's electric cars offer instant torque and are faster than gas models — over the first few metres

JIL MCINTOSH
drive@metronews.ca

Although some people still associate electric cars with slow-moving golf carts, nothing could be further from the truth.

The battery-powered cars available today all have quick acceleration that's often faster than that of a gasoline car, for a short period at least, thanks to the inherent nature of electric motors.

"You get immediate torque, which allows you to have immediate acceleration," says Jay Owen, director of Smart Canada, which sells an all-electric version of its two-seater Smart ForTwo.

"The gasoline car will catch up, but it has to cycle through a variety of gears."

Even the fastest gasoline cars have a slight delay after you've pressed the accelerator pedal, because it takes a split second for the pistons to start moving faster to rev up the vehicle's engine.

The transmission then has to shift through several gears to get up to top speed.

But the electric motor produces its maximum power immediately, and sends that power to the wheels through a single-speed transmission that doesn't need to shift.

Just as with a gasoline car, the electric power isn't infinite, and there comes a point where the car won't go any faster.

The Smart Electric Drive uses a 55-kW motor that makes 75 horsepower, and it can match or out-accelerate some sports cars in the first five metres.

Of course, it drops behind them after that.

As with gasoline cars, some electric vehicles are more powerful than others; it depends on the size of the electric motor.

Cars with larger electric motors will accelerate faster and also reach a higher top speed.

"The size of the electric motor determines the car's power, not the size of the battery," Owen says. "The battery determines the car's range."

Drivers naturally want to drive as far as possible before they have to recharge.

A bigger battery gives more range but, ironically, its extra weight will cut into the range it provides, since it takes more energy to move a heavier vehicle.

It will also cost more, and automakers have to balance the battery's range against its cost to be sure the car doesn't become so expensive that people won't buy it.

Fast facts

- Electric cars at the turn of the 20th century couldn't go very far, but they were popular because they started easily, while gasoline cars had to be cranked. When Cadillac introduced a gas-engine self-starter in 1912, electric cars were doomed.
- Electric vehicles use regenerative braking, which converts the kinetic energy of braking and stores it in the battery to increase the car's range.
- Battery technology is still the electric car's weak point, and researchers are working on lighter batteries that can store even more power.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how fast you work today you won't be able to get on top of your schedule, so just tackle what needs to be done at your own speed and don't worry about the timing.

♉ Taurus
April 21 - May 21
Don't get so absorbed in a work or social issue that you miss the signals a loved one is sending you. Mundane matters can wait — relationships cannot.

♊ Gemini
May 22 - June 21
It may sadden you that a loved one feels unhappy with what you're doing. But, the more you try to convince them it's OK, the more anti they are likely to get.

♋ Cancer
June 22 - July 23
According to the planets you want to do one thing but your subconscious mind says you should be doing something else. What matters is that you do something — right now.

♌ Leo
July 24 - Aug. 23
Don't get uptight if things don't go the way you want them to. The best way to deal with challenges is to place yourself in a situation where you are forced to find a solution.

♍ Virgo
Aug. 24 - Sept. 23
The longer you spend thinking about what course of action to take next, the less likely it is you will do anything. Focus on whatever idea comes first.

♎ Libra
Sept. 24 - Oct. 23
You will be so sensitive to others' moods today that you may prefer to be by yourself for a while. That's perfectly fine.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever challenges you have to deal with today, try not to attach much importance to them. What matters is that you save your energy for the more serious issues which lie ahead.

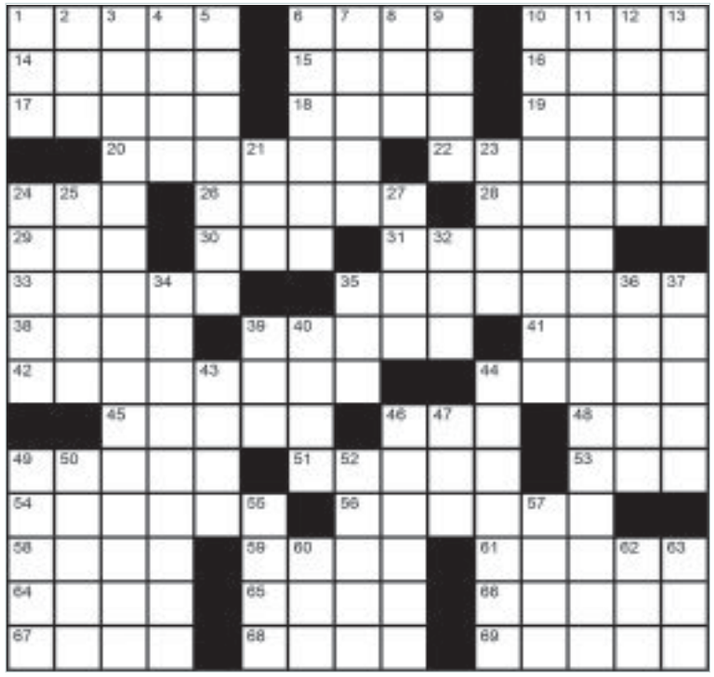
♐ Sagittarius
Nov. 23 - Dec. 21
Certain people seem determined to find fault with your performance. Now that you know that, you can take steps to make sure your performance is excellent.

♑ Capricorn
Dec. 22 - Jan. 20
Others will rush this way and that way today, trying to get on top of things but you will take it all in stride. Just make sure you don't get so laidback that you neglect certain responsibilities.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to be so driven in your pursuit of success. Be ambitious by all means but don't lose your sense of perspective. You know there are more important things than fame and fortune.

♓ Pisces
Feb. 20 - March 20
If your instincts tell you not to ask too many questions then you will have no one but yourself to blame if you hear something you don't much like.

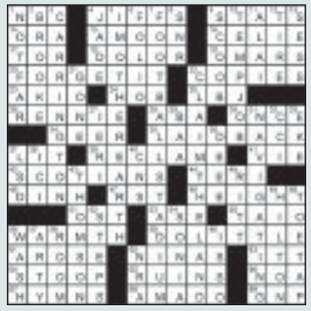
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Patron's passage
6. Pre-DVD machines
10. Tartaned one
14. Like a no-victor-yet match
15. American restaurant chain
16. Eugene O'Neill's daughter
17. Bread-making verb
18. "The Green Hornet" character
19. Tussle tresses
20. Causes fury
22. "...a will, __ a way."
24. Crooner Mr. Boone
26. Lizard type
28. Be indebted: 2 wds.
29. "La Isla Bonita" line: "Te dijo te __."
30. Kris, to Kourtney
31. Incan site, __ Picchu
33. Lee-Enfield, for one
35. High quantity of omega-3 in which North Atlantic fish?
38. Greek war goddess
39. Oil: French
41. Alphabet sequence
42. Ding-donger
44. Q. "Is '__.' __ abbreviation for Tuesday's follower?" A. "Yes."
45. Ontario rural community
46. Office neckwear
48. Long ago time
49. Screen legend Greta
51. Norwegian ...in Norwegian
53. Hit the slopes
54. "I'm fine with that." = "_ _ __."
56. Spectacular Canoe-travelling fur traders of the woods in New France: 3 mots
58. Whirring sound
59. Type size
61. Reality series for Lisa Vanderpump, to fans
64. 'Buck' suffix
65. Tehran's land
66. Muhammad Ali's daughter
67. Dish soap brand
68. Brand name
69. Salts sort

Down
1. Diving bird
2. Holiday's follower
3. Jully Black hit featuring Demarco: 4 wds.
4. Temporarily give money
5. Final stage
6. Dragons new to CBC's "Dragons' Den": Restaurateur, __ Vij ...and #44-Down...
7. BC: __ Provincial Park
8. Decay
9. Predicament
10. "West Side Story" (1961) song
11. Canadian History: breath mint
12. Commencement
13. 1817 poem by #34-Down, The Lament of __
21. Bigheadedness
23. Pig part
24. Peeled
25. __ acid
27. George Clooney's new wife
32. Hotshot
34. Romantic poet from England (b.1788 - d.1824): 2 wds.
35. Rich dollar amt.
36. Canadian showbiz news show
37. Monday: French
39. HRH part
40. __ Bator, Mongolia
43. Explosive sound!
44. As per #6-Down... Financier, Michael __
46. Absent without permission
47. AOL, e.g.
49. Spoil: 2 wds.
50. Director Mr. Kurosawa
52. Grouch on "Sesame Street"
55. Legendary
57. George Gershwin's 'Blue' musical work, briefly
60. 'Ump' suffix
62. Gumball brand, Rain-__
63. Camera-loving actor

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

Conceptis Sudoku

By Dave Green

	1	5				4	9	
4			8		1			2
			4					5
			2					4
			6					9
		9					6	
	2					1		
8					6			
9	4	1	7		2	5	8	6

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